

**WHAT IS CLAIMED IS:**

1. A cosmetic/pharmaceutical composition for promoting hair regrowth  
and/or retarding hair loss, comprising a thus effective amount of intimate  
5 admixture of vitamin A, vitamin C, vitamin E, and zinc and selenium values.
2. A cosmetic/pharmaceutical composition for increasing the mean diameter  
of strands of hair, comprising a thus effective amount of intimate admixture of  
vitamin A, vitamin C, vitamin E, and zinc and selenium values.  
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3. A cosmetic/pharmaceutical composition for decreasing the heterogeneity of  
the diameters of strands of hair, comprising a thus effective amount of intimate  
admixture of vitamin A, vitamin C, vitamin E, and zinc and selenium values.
- 15 4. A cosmetic/pharmaceutical composition for increasing hair density,  
comprising a thus effective amount of intimate admixture of vitamin A, vitamin C,  
vitamin E, and zinc and selenium values.
- 20 5. A cosmetic/pharmaceutical composition for improving the quality and/or  
the appearance of a head of hair, comprising a thus effective amount of intimate  
admixture of vitamin A, vitamin C, vitamin E, and zinc and selenium values.
6. A cosmetic/pharmaceutical composition for inducing repigmentation of the  
hair, comprising a thus effective amount of intimate admixture of vitamin A,  
25 vitamin C, vitamin E, and zinc and selenium values.
7. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to  
6, comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240

mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 40  $\mu$ g to about 150  $\mu$ g of selenium.

8. The cosmetic/pharmaceutical composition as defined by Claim 7,  
5 comprising about 0.5 mg to about 1.5 mg of vitamin A, about 100 mg to about 140 mg of vitamin C, about 40 mg to about 50 mg of vitamin E, about 15 mg to about 25 mg of zinc, and about 70  $\mu$ g to about 120  $\mu$ g of selenium.

9. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to  
10 6, formulated for oral administration, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier therefor.

10. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to  
15 6, formulated for topical application, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier therefor.

11. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to  
20 6, further comprising iron, magnesium, copper and/or manganese values, or combination thereof.

12. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to  
6, further comprising an additional antioxidant, a catalase, a peroxidase, a synthetic molecule or association exhibiting enzymatic activity, a sulfur-containing amino acid, or combination thereof.

13. The cosmetic/pharmaceutical composition as defined by any Claim 8,  
25 comprising about 1 mg of vitamin A, about 120 mg of vitamin C, about 30 mg of vitamin E, about 20 mg of zinc, and about 100  $\mu$ g of selenium.

14. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to 6, the vitamin A being present as beta-carotene equivalent thereof.

5 15. The cosmetic/pharmaceutical composition as defined by Claim 14, comprising about 0.6 mg to about 18 mg of beta-carotene.

16. The cosmetic/pharmaceutical composition as defined by any of Claims 1 to 6, formulated as a drinkable solution, syrup, tablets, or capsules.

10 17. A regime or regimen for promoting hair growth and/or retarding hair loss, and/or for increasing the mean diameter of strands of hair and/or decreasing the heterogeneity thereof, and/or for increasing hair density, and/or for improving the quality and/or the appearance of a head of hair, and/or for inducing repigmentation of the hair, comprising administering to an individual in need of  
15 such treatment, for such period of time as required to elicit the desired effect, a thus effective amount of intimate admixture of vitamin A, vitamin C, vitamin E, and zinc and selenium values.